HUNGER DRAWS THE MAP



is not rapidly approaching the famine williens of her citizens.

Famine point and are suffering a heavy point. With the exception of the Germany, on the other hand, need toll of death. The Armenian popula-Ukraine only those countries which have maintained marine commerce cans because there is no present indicated takes its toll, and in Greece, Albania have sufficient food supplies to meet actual needs until next harvest, and to take thought for the food needs of shortages that famine is near. Aleven in the Ukraine, with stores accu- Germany. Germany probably can care though starvation is not yet imminent, mulated on the farms, there is famine for her own food problem if she is Italy, Switzerland, Bulgaria and Turin the large centers of population.

well as Serbia, appear on the hunger map distinct from the rest of Europe because they stand in a different relation from the other nations to the peomust have immediate relief.

for the help America has extended to throes of famine, and 40,000,000 people will be threatened. Revolt and angrehy her during the war constitutes the there are beyond the possibility of inevitably follow famine. Should this strongest appeal for us to continue our work there. The moment the German armies withdrew from her soil and she

This applies as well to Poland and bacle and our fight for world peace was established once more in her own practically throughout the Baltic re- will have been in vain.

ISSUES WARNING

U. S. HEALTH SERVICE

Increase in All Respiratory Dis-

eases After the Influenza

Epidemic Probable.

Influenza Expected to Lurk for Months.

Save 100,000 Lives,

How to Guard Against Pneumonia.

Common Colds Highly Catching-Im-

portance of Suitable Clothing-Could

Washington, D. C .- With the subsid-

great fire, saying, "No fire chief who

tinues the water for hours and even

days, for he knows that there is danger of the fire rekindling from smol-

influenza?" he was asked. "Not neces-

sarily another large epidemic," said

nla and other respiratory diseases.

Common Colds Highly Catching.

tory diseases (coughs, colds, pneumo-

nia, etc.) are infrequent; in the fall,

as people begin to remain indoors, the

respiratory diseases increase; in the

in badly ventilated, overheated rooms,

"Then you fear another outbreak of

dering embers."

not a single country in which the fu-ture does not hold thrent of serious tude to the Commission for Relief in Bohemia, Serbia, Roumania and difficulties and only a small part which Belgium for preserving the lives of Montenegro have already reached the

the large centers of population.

Belgium and northern France, as distribute food to the cities with gencies.

ple of the United States. America has maintained from American supplies, the very least a minimum of 20,000,000 for four years maintained the small have sufficient food to meet immediate tons compared with 6,000,000 tons prewar rations of Belgium and northern needs, but their future presents seri- war exports and 11,820,000 tons ex-France and is already making special ous difficulties. The same is true of ported last year, when we were bound of January 1919. efforts to care for their increased Spain and the northern neutral counby the ties of war to the European after-the-war needs, which, with those of Serbia, must be included in this —whose ports have been open and who —whose ports have been open and who —If we fail to lighten the black spots plan, are urgent in the extreme and have been able to draw to some degree on the hunger map or if we allow any

Suitable Clothing Important

A food map of Europe today shows seat of government the little nation's gions, with conditions most serious in

The gratitude of the Belgian nation whost of Russin is already in the peace for which we fought and bled

"Still another factor in the produc- War taught as with a vengenner that tion of colds, pneumonia and other re- not on's spiratory diseases is carelessness or ignorance of the people regarding suit- is necessary to see mide many eggs

Could Save 100,000 Lives.

what is even more common, especially

among women, dressing so lightly that

windows are kept closed in order to be

"I bilieve we could easily save one hundred thousand lives annually in the United States If all the people would adopt the system of fresh air living followed, for example, in tuberculosis sanatoria. There is nothing mysterious about it—no specific medience of the epidemic of influenza the cine, no vaccine. The important thing attention of health officers is directed is right living, good food and plenty of to pneumonia, bronchitis and other fresh air.

eases of the respiratory system Droplet Infection Explained in Pictures, which regularly cause a large number of deaths, especially during the winter "The Bureau of Public Health, season. According to Rupert Blue, Treasury Department, has just issued Surgeon General of the United States a striking poster drawn by Berryman, the well-known Washington cartoonist. Public Health Service, these diseases will be especially prevalent this win-The poster exemplifies the modern method of health education. A few ter unless the people are particularly years ago, under similar circumstances, the health authorities would have iscareful to obey health instructions. "The present epidemic," said Surgeon General Blue, "has taught by bitsued an official dry but scientifically ter experience how readily a condition accurate builetin teaching the role of droplet infection in the spread of rebeginning apparently as a slight cold spiratory diseases. The only ones who may go on to pneumonia and death. Although the worst of the epidemic is would have understood the bulletin over, there will continue to be a large would have been those who already number of scattered cases, many of knew all about the subject. The man them mild and unrecognized, which in the street, the plain citizen and the many millions who toll for their living will be danger spots to be guarded against." The Surgeon General likened would have had no time and no desire the present situation to that after a to wade through the technical phrase-

understands his business stops playing the hose on the charred debris as soon AXIOMS CREDITED TO BIG MEN as the flames and visible fire have disappeared. On the contrary, he con-

ology."

That of J. P. Morgan Has for a Long Time Been Considered the Most Famous.

"The way to meet trouble is to face it," was one of Theodore N. Vail's favorite axioms, according to the Wall the Surgeon General, "but unless the Street Journal

people learn to realize the seriousness Harriman had two he was fond of of the danger they will be compelled to quoting: "To dodge difficulties is to pay a heavy death toll from pneumolose the power of decision," and "It is never safe to look into the future with eyes of fear."

"You can grip success better with "It is encouraging to observe that people are beginning to learn that or-dinary coughs and colds are highly a Schwab-made maxim much to the point.

entching and are spread from person Ford's oft-repeated declaration, to person by means of droplets of Money is the most useless thing in germ laden mucus. Such droplets are the world," gives you a sidelight on sprayed into the air when careless or

ignorant people cough or sneeze with-It was James J. Hill who coined out covering their mouth and nose. It is also good to know that people have the phrase that it was not so much learned something about the value of the high cost of living that affected fresh air In summer, when people the country as "the cost of high liv-

are largely out of doors, the respira- ing." One of the most famous of all modern business mottoes was that originated by J. P. Morgan, "You can't unscramble an omelet." There was deeper economic meaning in these five winter, when people are prone to stay words than anyone realized at the time they were uttered, namely, when the respiratory diseases become very ernment contemplated a suit to dis-

able clothing during the seasons when the weather suddenly changes, sitting in warm rooms too heavily dressed or,

There are two ways to tackle a lob. One sees in it no reason to be thankcomfortably warm. This is a very in- ful for a busy useful day, rather every causa for dissatisfaction. An eternal grind proposition confronts such a person, whose fault-findings get him nowhere and who sees in the dally task he has to perform only a "life sentence."

On the other hand, there is the optimist, who has the faculty of naturally adopting the happier frame of mind. He sees his job as indeed a real essential and himself a most necessary part of a great and good scheme. To him his position is an opportunity which, if he will only take it at its worth, will be a stepping stone to broader fields and higher ideals.

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ankles beet red.

The Monument man, Wilson, Kans.

ed an expert from start to finish.

Press January 2, 1919.)

Notice of Final Settlement.

In the matter of the estate of Fred

A. J. Doling,

State of Kansas, Ellis County, ss.

sons interested in said estate.

satisfaction guaranteed.

P. Richardson deceased.

Richardson deceased.

Fred P. Richardson, deceased.

David Rathbone, deceased.

of said estate.

Press, Dec. 12, 1918) Notice of Final Settlement.

In the Probate Court of said County.

To all Creditors of and other Persons

next regular term of the Probate

Court, in and for said County, to be

begun and held at the Probate Judges

office, in Hays, Kansas in said County

on the 3rd day of January, 1919, be-

ing the first Monday in said month of

January, I will make final settlement

claim for compensation as Adminis-

trator of said estate and for neces-

penses necessarily incurred in the

administration of said estate, I here-

by give notice as ordered by said

Court, that said claims are set for

hearing in said Court on the 3rd day

THE GOVERNMENT. has withdrawn building restrictions to

amounts of \$10,000. As this will per-

mit all ordinary buildings it is no longer

considered unpatriotic to build, but will

be patriotic as a new barn will conserve feed and furnish better protection to

live stock. A new house will conserve

fuel and better protect the health

of the family. Our stock of building

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H. W. Oshant,

Administrato

Having filed with said Court my

You are hereby notified that at the

Interested in said Estate.

In the matter of the estate of

State of Kansas, Ellis County, ss.

Don't delay in bringing us all the old shoes you have, a first class job, and FOR SALE-At a Bargain, if sold at once. Three 50 foot lots and strict-(First published in The Hays Free ly modern six room residence in first class condition. Mrs. Dr. Geo. P. Hemm, Northwest corner Chestnut and Sheridan Ave., opposite Court In the Probate Court of said County. House.

was so cold as to turn their feet and

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To all Creditors of and other per- has been a household remedy all over the civilized world for more than Creditors and all other persons in- half a century for constipation, interested in the aforesaid estate are testinal troubles, torpid liver and the hereby notified that on the 25th day generally depressed feeling that acof January, 1919, I shall apply to companies such disorders. It is a Court House in the city of Hays, Ellis or nervous dyspepsia and liver troucounty, Kansas, for a full and final ble, bringing on headache, coming up settlement of said estate and for an of food, palpitation of heart, and judging who are the heirs of Fred P. of August Flower will relieve you. It is a gentle laxative. Sold by King Bros. . Administrator of the Estate of

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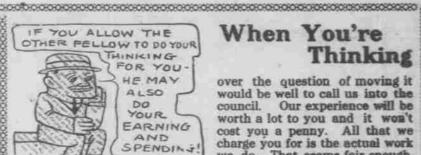
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